

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Changes of Command

• Col. Charles Webb III will assume command of the 31st Maintenance Group from Col. Elisabeth Strines at 8 a.m. May 30 in Hangar One.

• Lt. Col. Troy McGilvra will assume command of the 31st Medical Support Squadron from Lt. Col. William Parker 10 a.m. June 9 at the La Bella Vista Club.

Office moves

The 31st Medical Group will experience a series of office moves in preparation of the upcoming move into the new hospital expansion and renovation of the main clinic.

The office for paying patients and medical reimbursements is moving to Bldg. 117, between the family support center and the main clinic Tuesday. For more information, call Ext. 5357. The Tri-care office is also moving to Bldg. 117 Wednesday.

Roadwork

The pavement markings in Area F are being repainted through May 25. The dates are subject to change for weather and other circumstances. People must not park in coned areas.



Photo by Airman 1st Class Scherrie Gates

In the know

Senior Airman Rickey Beasley, a 31st Communication Squadron Post Attack Reconnaissance team member, annotates the date and time on M-8 paper during a Phase II exercise in July 2005 here. Prepare for the upcoming Phase I and II exercises by reading pages 134-137 in the Airman's Manual.

Virtual villains ruin accounts, credit ratings

By Tech. Sgt. Russell Wicke and Maj. David Honchul
Air Combat Command Public Affairs

Crooks made off with an estimated \$5 billion from individuals whose identities were stolen last year. In what is becoming America's fastest growing type of robbery, identity theft involves a shrewd charade instead of a hold-up at gun point, and military members increasingly are becoming the targets of these threats.

"Phishing e-mails are a tremendous threat," said Brig. Gen. John Maluda, director of communications at Headquarters Air Combat Command. "The bottom line is anyone with a computer and Internet access can create loads of trouble for our unsuspecting Airmen."

An example streaming across the cyber world is a variation of what has been dubbed the "Nigerian Scam."

The scam begins when an individual sends an e-mail explaining how he or she has come into possession of an incredible sum of money and now needs help getting the money out of his or her country.

In some cases, the individual claims to be a military member serving in Iraq, who has come into possession of \$200 million of Saddam Hussein's money.

When the instigators find people who

See Phishing, page 5

AMC terminal: The passenger terminal will be closed May 27 through May 29. The Space-A self sign-up booth will remain open.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	784.6	533
	-60.3	-3

Information current as of Thursday.



Foundations

Aviano's Educational and Developmental Intervention Services flight provides educational support for kids with special needs.

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Loading up

Two munitions load teams put their skills to the test as they compete for the title of Aviano Load Crew of the Quarter.

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U.S. Air Force

Letter to Airmen: Service before self

This past February, in my Letter to Airmen addressing our three USAF Core Values, I shared these thoughts on Service Before Self: It is not the same as "service," a value also claimed by some civilian institutions and corporations. Our service requires sacrifice and commitment to our nation.

We understand we make decisions in an environment where freedoms are on the line and lives are at stake. Service Before Self begins with duty, but it means more: It means that, in our Air Force, as we fly and fight in war and peace, going above and beyond the call of duty is not the exception – it is the rule.

It is the rule because every Airman is an expeditionary Airman, whom the joint team counts on every day to be trained and battle ready. Delivering sovereign options for the defense of the United States of America and its global interests requires self-sacrifice.

As I visit and work with Airmen around the world, I could not be prouder of the many ways that you sacrifice for Service Before Self, whether the mission is combat operations or humanitarian relief. The aftermath of Hurricane Katrina provides a great example. Many of our critical search and rescue Airmen who had just returned from Operation Iraqi Freedom deployments immediately went

to rescue Americans from rooftops in New Orleans instead of taking a well-earned leave.

Another example of such Service Before Self is the remarkable number of Air Force Reservists and Air National Guardsmen who volunteer for deployments. At great sacrifice to their families and often at the expense of their private businesses, they continue to volunteer to contribute to the fight. Their service allows our Air Force leaders to integrate them into units creating a truly seamless total force for the joint team.

Your service in the Air Force – with all the risks and sacrifices that service demands – is service to our nation, to its values, and to its dreams. The participation in "wingman" programs to enhance relationships and security to fellow airmen is yet a further example.

Everything we have done – and everything we will do – begins with an oath that changes our lives. We understand that the nation depends upon us to live up to that oath. We understand that, as we serve on the front lines of freedom, our promise to serve must come before all else.

On behalf of the Air Force, and on behalf of a grateful nation, I thank you for your dedication, your devotion, and your Service Before Self. I salute you all.



Michael Wynne is the Secretary of the Air Force, Washington, D.C. He is responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping and providing for the welfare of its nearly 370,000 men and women on active duty, 180,000 members of the Air National Guard and the Air Force Reserve, 160,000 civilians, and their families. Secretary Wynne is a 1966 graduate of the U.S. Military Academy. He served in the U.S. Air Force for seven years, ending his career in 1973 as a captain and assistant professor of astronautics at the U.S. Air Force Academy.


Michael W. Wynne
Secretary of the Air Force

Aviano Airman of the Week

Name: Senior Airman Joel Stanfield

Unit: 31st Aircraft Maintenance Squadron

Job: Weapons loader

Hometown: Anchorage, Alaska

Family: Wife, Sonya, and son, Viktor

Hobbies: Automotive work, rock climbing, snowboarding and skiing

Why joined: To support his family and for the job stability



Aviano Airmen receive non-judicial punishment

Courtesy of the 31st Fighter Wing legal office

31st Aerospace Medicine Squadron

- A senior airman was charged with an Article 86 for failure to go and an Article 134 for failing to pay debts. For this misconduct, the Airman received 15 days extra duty, 15 days restriction to base, a reduction to E-3 and a reprimand.

- An airman basic was charged with an Article 86 for failure to go. For this misconduct, the Airman received a suspended forfeiture of \$200 pay for two months, suspended 14 days of extra duty and a reprimand.

31st Aircraft Maintenance Squadron

- A senior airman was charged with an Article 134 for being drunk and disorderly and an Article 128 for assault and battery. For this misconduct, the Airman received 20 days extra duty, a suspended reduction to E-3 and a reprimand.

31st Communications Squadron

- An airman first class was charged with an Article 86 for failure to go and an Article 112 for being drunk on duty. For this misconduct, the Airman received 30 days restriction to base, a suspended reduction to E-2 and forfeiture of \$150 pay for two months and a reprimand.

31st Medical Operations Squadron

- An airman first class was charged with an Article 134 for drunkenness and incapacitation for performance of duties. For this misconduct, the Airman received 30 days correctional custody, a suspended reduction to E-2 and a reprimand.

31st Maintenance Squadron

- A senior airman was charged with an Article 112a for wrong-

ful use of marijuana. For this misconduct, the Airman received 45 days extra duty, reduction to E-1 and a reprimand.

- An airman first class was charged with an Article 92 for dereliction of duty and an Article 107 for making a false official statement. For this misconduct, the Airman received 60 days base restriction, reduction to E-2, forfeiture of \$300 pay for two months and a reprimand.

- A staff sergeant was charged with an Article 128 for assault and battery on someone under age 16. For this misconduct, the sergeant received a suspended reduction to E-4, forfeiture of \$500 pay for two months and a reprimand.

31st Security Forces Squadron

- An airman first class was charged with an Article 111 for drunken driving. For this misconduct, the Airman received 30 days extra duty with 15 suspended, 30 days of base restriction, with 15 days suspended, a reduction to E-2

with a suspended reduction to E-1 and forfeiture of \$589 pay for one month.

31st Services Squadron

- A technical sergeant was charged with an Article 86 for failure to go. For this misconduct, the sergeant received 14 days extra duty, a suspended reduction to E-5 and forfeiture of \$200 pay for two months.

603rd Air Control Squadron

- An airman was charged with an Article 86 for failure to go and an Article 90 for disobeying a lawful command. For this misconduct, the Airman received a reduction to E-1, forfeiture of \$636 pay for one month and a reprimand.

Article 15 of the Uniform Code of Military Justice authorizes commanders to address alleged minor offenses by administering nonjudicial. For this misconduct. If a commander concludes the member committed the offense or offenses, they determines an appropriate punishment.

Shop closure: The flightline beauty shop will be closed May 28. The Area One beauty shop will maintain normal operating hours.

Phishing, from page 1

are willing to open accounts with their own money, they lure the victims into putting more money into the accounts with promises of huge payouts when it's all over.

According to the Secret Service, the Advance Fee Fraud – the technical name for this type of crime – grosses hundreds of millions of dollars annually and the losses continue to escalate. The Internet Crime Complaint Center received more than 231,000 complaints in 2005 – up 12 percent from 2004. The cost of those frauds reached more than \$183 million.

Another type of phishing scam seeks to steal an individual's identity. This usually comes in the form of a bank notice warning that critical information is needed to secure an account.

"This could be a particular threat to our Airmen," said Maj. Sandi Swanton, ACC Staff Judge Advocate chief of information law. "Banks don't contact you by e-mail. They do it by mail, and even then, you are required to make initial contact by calling after that."

Major Swanton added that even when

banks do contact customers by mail, they do not request information like account numbers, social security numbers or PINs.

"If you think it's something real, you should contact them," Major Swanton said, "and not using the information given in the e-mail. Use the phone number on the back of your credit card to call."

While firewalls and spam blockers can catch many of these e-mail scams before they hit inboxes, there are those that manage to slip through the cracks.

One other concern is Web sites that look like legitimate government sites, but are not affiliated with the military or government. These sites are intended to trick people into passing personal information. When Web sites claim to represent military or government agencies, ACC officials recommend members look closely at the Web addresses, particularly those ending in ".org" or ".com." Virtually all official government Web sites end in ".gov," or in the case of military sites, ".mil."

Servicemembers can file complaints through Military Sentinel. This joint

project of the Federal Trade Commission and the Department of Defense is the first online consumer complaint database specifically tailored to the needs of the military community. The project is designed to give military service members in all parts of the world a convenient way to report fraud directly to law enforcement officials by visiting www.consumer.gov/military.

To report cyber crimes or internet fraud, the Federal Bureau of Investigation and the National White Collar Crime Center established the Internet Crime Complaint Center at www.ic3.gov.

To report suspected credit card fraud, call the three major credit reporting bureaus: Equifax at (800) 525-6285, Experian at (888) 397-3742 and TransUnion at (800) 680-7289.

To report fraudulent bank accounts set up in your name, call Telecheck at (800) 366-2425 or the International Check Services Company at (800) 526-5380.

Airmen can also go to their local wing legal offices for consultation regarding identity theft and consumer issues.

(Courtesy of Air Combat Command News Service)

Body art must fit military image

AF tweaks rules on long tradition

**Chief Master Sgt.
Dean Yoder**
31st Communications
Squadron

The history of tattoos can be traced back thousands of years. Archaeologists discovered tattoos on Italy's very own 5,200 year old "Iceman." Tattoos disappeared from Western society for many years, but re-emerged in the 1760s. Sailors from the ship of Capt. James Cook returned from the Polynesians proudly sporting their new body art. The royal court was so fascinated by these tattoos, that King George V had himself tattooed with the Cross of Jerusalem and a dragon on a later visit to Japan.

Tattoos have been a military tradition for many years. It is a common practice for Sailors, Soldiers, Marines, and Airman to get tattoos related to their campaigns, assignments, ships or other military related achievements. As a child, my best friend's dad had the Army rank of sergeant first class placed on his forearm along with the 81st Airborne insignia.

While tattoos are a military tradition, as an Air Force member, you must always maintain a professional military image.

AFI 36-2903 provides guidance on tattoos/brands, body piercings and body modifications.

Inappropriate tattoos cover more than one-fourth of the exposed body



Courtesy photo

Tattoos and other forms of 'body art' must fit into a professional military image. Further guidance can be found in AFI-36-2903.

part or visible above the collar of the uniform. Inappropriate tattoos must be covered by the uniform or surgically removed. In some instances, commanders can seek medical support for the removal of inappropriate tattoos.

Unauthorized tattoos are obscene, advocate sexual, racial, ethnic, or religious discrimination and prohibited in and out of uniform. Unauthorized tattoos are prohibited in or out of uniform whether covered or exposed.

AFI 36-2903 also places limitations on body piercings. The limitations are designed to ensure Air Force personnel present a positive military image.

Basically, males are not allowed to have any visible piercings when in uniform or on-duty. Males are not to have any visible body piercings such as a pierced tongue when on a military installation. Body piercings that can

be seen through your uniform/clothes are considered visible.

For women, the same restrictions apply with the exception of earrings. Women are authorized to wear one earring in each ear while in uniform or on duty. When off-duty, but on a military installation, women are allowed to wear more than one earring in each ear, but the piercings must be in their ear lobes and the earrings must be in good taste.

Finally, any intentional body modification which detracts from a professional military image is prohibited. Dental ornamentation - the use of gold, platinum or other veneers or caps for decorative purposes is also prohibited.

Feel free to express yourself but remember to maintain your professional military image.

CCAF: The education center is holding Community College of the Air Force degree program briefings. Call Ext. 5331 for details.

AF mission: It goes beyond the job

By 1st Lt. Heather Alden
39th Information Operations Squadron

Commanders and leaders are always reminding us how important we are to "the mission." But, how many of us really know what "the mission" is?

I remember being a young senior airman sitting in commander's call and hearing the question, "Do you understand how you contribute to the mission?" Eyes glazed over, heads nodding, my peers and supervisors affirmed, "Yes, sir, we know how we contribute to the mission." I remember nodding myself. I was a communications troop. I made sure people could communicate. That was how I contributed to the mission.

The funny thing is, I didn't even know what kind of aircraft we had at MacDill Air Force Base, Fla. How could I possibly

have known where I fit in the mission if I didn't even know what the mission was? Yeah, yeah, I knew where to find the mission and vision statements, but to me, they were just fancy words that ambiguously described what the base did.

Don't get me wrong, I see the importance of these kinds of statements. They tell you where you are (mission statement) and where you're going (vision statement.) But if the troops can't translate them into facts and concrete concepts, they are just "fancy words that cryptically describe what the base does."

So, what is your unit's, your wing's, your major command's, the Air Force's and the Department of Defense's mission? How do you learn about it? How do you teach others what it is?

If you're too busy to develop your troops, you are doing something wrong or your priorities may need a little adjusting.

Take the time. Develop your troops. Develop Airmen.

EDIS helps ease parents' worries

Special Aviano clinic ensures children get what they need for good skills development

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

Discovering a child may have developmental disorder can be tumultuous time for a parent. Parents worry about how their child will get along at school and how to ensure they learn necessary skills.

Helping ease Aviano parents from the weight of worry is the Educational and Development Intervention Services clinic.

The EDIS clinic helps by identifying and treating developmental problems early and working with school to make sure children are incorporated into a normal routine.

"We have two main services here; early intervention which is for children up to 3 years old and related services where we interface with the schools," said Maj. Travis Adams, 31st Medical Operations Squadron EDIS child and adolescent psychologist. "Related services cover anything that affects the child in the school environment such as motor skills and emotional problems or learning problems."

To identify children who may need extra help, EDIS screens all new babies born at Aviano and uses a monitoring checklist called Ages and Stages which singles out potential problem areas such as communication, gross and fine motor skills and problem solving.

"A lot of the time we'll find out a child may have a development problem through the well-baby checks as the pediatrician," said Major Adams. "After that, the parents can either come here or have a home assessment."

Once a child reaches school age, the EDIS counselors create an individualized education plan.

"Individualized education plans help us outline what the child and their teacher needs to be successful and have a healthy school experience," said Staff Sgt. Tracie Lawrence, EDIS flight chief. "Anything that can impact children educationally, we treat."

In order to treat a variety of developmental impediments, EDIS employs a range of professionals in different specialties including an audiologist, physical and occupational therapists, psychologists and counselors.

Physical therapists work with children and parents to help them develop and strengthen gross and fine motor skills.

"For children up to three, gross motor skills are going to include early skills of head control, rolling, sitting, being able to move in and out of sitting, crawling on the tummy and the hands and knees, pulling to stand, walking, running, stair climbing and riding on toys," said Nikkiann Economos, 31st MDOS physical therapist. "Fine motor activities include making sure the hands have enough strength to do all the usual play things. As they move forward into toddlerhood, it becomes buttons, snaps, manipulating spoons, knives, forks and drinking from a cup and writing."

While it's important for the children to learn these skills, Ms. Economos said it's the parents that can have a big impact on how their child progresses in the learning process.

"The early intervention program really focuses on educating the parents to work with their children," she said. "It's really about educating and training parents so they know how to help their child through the daily routine."

Ms. Economos, a physical therapist for the past 18 years, said what she does is significant because it teaches both parents and children the importance of physical wellness.

"There is so much socialization that happens when you're able to be physically active with your peers," she said. "I would want to ensure every child has the opportunity to be as active as possible so they can be in their peer groups and participate in the ways that they want to."

In addition to professional counseling and therapy services, EDIS counselors incorporate a little fun into the play sessions.

"We have classes like yoga which allow the kids

to be creative," said Sergeant Lawrence. "They also play games that help them blow off some steam after school and work on balance and coordination."

The services EDIS offers can help make parents and children's lives easier but these benefits weren't always available.

"Back in the states, development concerns wouldn't be as much of a concern because parents could see a local provider, but overseas those services weren't around," said Major Travis. "Congress passed a law that said there would be certain services families and children would have access to overseas."

Even though the EDIS clinic isn't directly responsible for putting Aviano's F-16s in the air, Major Adams said they do contribute to the overall mission.

"I see that we are directly related to the mission accomplishments because if families aren't doing well, it's really hard to be successful at your job," he said. "The people who work here know how to make kids feel special and parents feel good about being parents."



Photo by Airman Lilian Moreno

Jason Warren, son of Master Sgt. Michael Warren, 31st Operation Support Squadron, plays while attending a yoga session for elementary school students at the Educational and Developmental Intervention Services May 11. EDIS is a congressionally-mandated program that provides specialty services to children with special needs, ages birth to 21.



Airman 1st Class Theresa Waterfield, 31st Aircraft Maintenance Squadron, prepares an MAU-12 bomb rack for a munitions load during the weapons load competition here May 5. The munitions load teams compete every three months for the title of Aviano Load Crew of the Quarter.



Photo by Staff Sgt. Michael Holzworth

Airman 1st Class Raynette Grey, 31st Aircraft Maintenance Squadron, installs AIM-120 missile wings and fins, making sure they are secured for flight before being loaded.



Photo by Staff Sgt. Bethann Caporaletti

Left: Airman 1st Class Camerao AMXS, CBU-89 on and nitions onto air competi



Photo by Staff Sgt. Michael Holzworth



Photo by Staff Sgt. Michael Holzworth

Airman Grey directs Sergeant Passio as he lines up a GBU-10 with a MAU-12 bomb rack so that the munitions can be loaded and locked into place.

Airman 1st Class Raynnette Grey, 31st Aircraft Maintenance Squadron, ensures this is safe to work on and prepares munitions to be loaded on aircraft during the competition.

Heavy *lifting*

Aviano's 31st Aircraft Maintenance Squadron weapons load teams compete to see who will win the rights to be load team of the quarter. The winner will be announced at the next 31st Fighter Wing quarterly award ceremony.



Photo by Staff Sgt. Bethann Caporaletti



Photo by Staff Sgt. Michael Holzworth

Staff Sgt. Domenick Passio and Airman 1st Class Raynnette Grey, both with the 31st Aircraft Maintenance Squadron, pick up a CBU-89 bomb from a trailer to be loaded on an F-16.

Above: Staff Sgt. Michael Lenhart aligns an AIM-120 missile to an LAU-129 missile launcher during a weapons load competition.

Air War College

The Air War College Non-resident Program is soliciting eligible officers and federal employees for the seminar program. Interested members can enroll online at <http://www.au.af.mil/au/awc/awc-ns.htm> and clicking on the Student Information System link.

The nonresident curriculum parallels the resident program, and emphasizes joint operations, senior leadership issues, national security strategy, regional studies, and the employment of air and space power.

The program is open to active duty, National Guard, and reserve O-5 selectees or above, of any component of the U.S. Armed Forces, and DoD civilian employees above GS-13.

For more information, call the education center at Ext. 5330.

Study course

The education center offers a free study skills course from 9:30 a.m. to noon June 1 at the education center, Bldg. 186, in Area One. The course covers time manage-

ment, improving listening and reading skills, beating stress, test anxiety and study techniques. For more information, call Ext. 5330.

Estate claims

It is with great regret that the 712th Red Horse Flight, Camp Darby, Italy, announces the passing of Senior Airman Patrick J. McCord. Any person(s) having claims for or against the estate of Airman McCord should contact 1st Lt. Kurt J. Umlauf, the Summary Court Officer, at DSN 633-7053.

Movie sale

The community center is selling all its VHS tapes for \$3 and DVDs for \$5, "as is," with no refunds. For more information, call Susan Lear at Ext. 5993.

Holiday closures

The 31st Medical Group will be closed May 26 for the U.S. Air Forces in Europe Family Day and May 29 for Memorial Day. There will be extended care hours from 10 a.m. to 4 p.m. May 27 and 28 at the family practice clinic

in Area One. For emergencies, go to Pordenone emergency room or the closest ER.

For life-threatening emergencies, call 118. A nurse can be reached by calling the Health Care Information Line at 800-877-660 toll free from any Italian phone line.

Girl Scouts

The Aviano Girls Scouts is hosting a volunteer organization meeting 5 p.m. May 30 in the Girl Scout Hut in Bldg. 186 in Area One. The meeting is for anyone interested in volunteering with the Girl Scouts. For more information, call Val Hodgson at 0434-76-8521 or e-mail her at avianogs@yahoo.com.

Supply customers

Through May 31, people will not be able to access supply customer service in Bldg. 10295 when coming from the direction of Pass and Registration due to construction. Customers must take the Perimeter Road toward Sierra Loop, turn left in front of Bldg. 1100, or right if coming from the Roveredo gate, and follow the road around to the fire station area. For more information, call Ext. 7404 or 7866.

Mentoring

A visit to a Porcia elementary school fifth grade English class is from 12:45 to 2:45 p.m. June 5. People interested in mentoring must attend a briefing from 5:15 to 6 p.m. Monday at the Family Support Center in Area One. For more information, call Master Sgt. Christine Bowlsby at Ext. 7926 or e-mail christine.bowlsby@aviano.af.mil.

Safety standards

Skateboards, scooters, and roller skates or blades, including shoes with retractable wheels ("healies" or "wheelies") are prohibited indoors, on roadways, tennis courts and on the sidewalks and parking lots at the commissary, base exchange, and AAFES shoppettes.

For parking lots or surfaces intended for motor-

ized vehicles, skateboards, scooters, roller skates or blades may be used only when motor vehicles are not present. Protective helmets equipped with an adjustable chinstrap, kneepads, elbow pads, and gloves with padded palms must be worn.

Help wanted

The Aviano Thrift Shop is now accepting applications for a part-time bookkeeper position that opens in July. For more information, call the thrift shop during business hours from 10 a.m. to 4 p.m. Tuesdays and Wednesdays at Ext. 5428.

Field day

The Aviano Elementary School is having a field day from 7:45 a.m. to 1:30 p.m. June 1 and 2. Volunteers are needed for the event. For more information, call Meryl Smith at Ext. 2248 or e-mail her at meryl.smith@eu.dodea.edu.

PC Wars

PC Wars hosts a gaming competition from 6 p.m. June 10 to 2 a.m. June 11 at the base exchange. All ages and skill levels are welcome to attend and should bring their own computer. Prizes include gift certificates, wireless cards and games.

For more information, call Airman 1st Class Jienelle Arevalo at Ext. 8455.

Volunteers needed

Aviano Middle School needs volunteers for its fourth annual Patriot Games June 15. Those wishing to help may e-mail Cathryn Cline-Casillas at cathryn.cline-casillas@eu.dodea.edu. Volunteers will be notified by May 26.

Education

Term V consolidated schedules are now available at the education center, Bldg. 186 in Area One. Registration for active duty members begins Monday. Spouse tuition assistance applications are due today. For more information, call the education center at Ext. 5330.

Reel Times

Today, 7 p.m. - "Ultraviolet" Rated PG-13 - The government sets out to destroy a subculture of genetically enhanced humans that have become too powerful, but one woman is determined to protect the new race and seek revenge on those who created it. Starring: Milla Jovovich, William Fichtner

Saturday, noon - "Ice Age 2: The Meltdown" Rated PG - The Ice Age is ending, and the animals are delighting in the melting paradise that is their new world until they learn that a huge glacial dam is about to break. Animated

Saturday, 3 p.m. - "Ice Age 2: The Meltdown" Rated PG

Saturday, 6 p.m. - "Ice Age 2: The Meltdown" Rated PG

Sunday, 7 p.m. - "Aquamarine" Rated PG - Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. Starring: Emma Roberts, Sara Paxton

Wednesday, 7 p.m. - "Ultraviolet" Rated PG-13

Thursday, 7 p.m. - "The Shaggy Dog" Rated PG - Dave learns a valuable lesson about truth and appearances when quite unexpectedly he finds himself changed into a sheepdog. Starring: Tim Allen, Kristin Davis

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Upcoming festivals

- Taste local Friuli region fruit and vegetable produce while enjoying the music and entertainment today and Saturday in beautiful Villa Manin.

- Enjoy wine tasting at the fair of roses today and Saturday in one of the most charming vineyards of Friuli in Corno di Rosazzo.

- Taste asparagus, mushroom and other wood fruit delicacies during the festival from 10 a.m. to 6 p.m., Saturday in Arta Terme.

For more information call Ext. 7555.

Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. The U.S. Department of State run Web site offers a list of places suspected of anti-American activity, as well as other pertinent information for travelers. Call the Office of Special Investigation at Ext. 7643 with questions about the site.

Painting

"Pio Semeghini e il Chiarismo," a painting exhibit is from 9 a.m. to 6 p.m., through May 28 in medieval Mantua. Visit www.fondazionesemeghini.it for details.

Free maps

The family support center has free local area maps and tourist information. Call Ext. 5657 for information.

Enjoy the sights of majestic Bellagio

Story and photo by
Tech. Sgt. Chad Gann
31st Communications Squadron

I admit it, I'm a hodophobe. No, that's not a typo, I'm afraid of traveling. Maybe it's because of my many trips down unmarked one way streets, maybe it's because my daughter suffers violently from motion sickness, maybe it's because road signs point to nowhere in particular and road maps are just a rough guesstimate of your location in Italy. Whatever the reason, I'm uncomfortable traveling far from home; that was until my recent purchase of a GPS personal navigation system. Since then my confidence has grown and a few weeks ago my family and I boldly took to the road, GPS proudly mounted on my dash and road map safely tucked away somewhere in the trunk. About four hours away just north of Milan off the A4, lies Lake Como and our ultimate destination, Bellagio. The namesake of the grand hotel and casino in Las Vegas, and referred to as a "Kingdom on the Lake" in the most recent edition of *Belle Italia*.

All the towns on the lake are unique, but we chose Bellagio as our destination, partially because of its nickname the "Pearl of the Lake." Bellagio is a throwback of a town built into the mountains that contain Lake Como. Bellagio boasts a commanding view of the water and the other lakeside villages. The town is a place where early rising means 9 a.m. and work seems optional. Families tend to their stores and take their evening strolls around 6 like clockwork. The town is a visual contrast; traditional cement and stone construction is softened with lush potted plants, secluded private gardens, and the city's signature azalea bushes.

Hollywood recognizes what the area offers visually and the Hollywood elite have recognized the seclusion and friendly atmosphere that the area offers as well. George Lucas, the famed director of the blockbuster *Star Wars* series, was well aware of the area's ability for the viewer to step into another world. The mountains and lake in Tremezzo formed the



Bellagio tourists can witness the sights and sounds of this 'Pearl of the Lake.' Take in Lake Como and visit other lakeside villages.

backdrop for the closing scene where Anakin Skywalker secretly weds Princess Padmé on her home planet of Naboo. James Bond fans and nearby Lenno tourists will spy one of the town's lavish villas as a scene from the upcoming Bond movie *Casino Royale*.

Make sure you stop by one of the local pasticcerias for pastries and deserts as sweet as the families who make them. One pastry store in particular, Pasticceria Castelli di Gandola Marco, can claim their own local celebrity. Rudi, a brilliant grey poodle-mix, has a reputation as being a dog who knows how to get around. Apparently a fan of the local water taxi system for traversing the lake, one day Rudi decided to hop on a ferry and visit a nearby village. After visiting with the other local dogs across the water, Rudi hopped back on a ferry later just in time for an evening meal, and confirming his title as a Bellagio celebrity. Rudi rode for free, but it will cost you €8.50/adult or €4.50/child to ride all day to visit the lakes central towns.

Everyone here is smiling or laughing. Even when the weather threatens to turn bad, the situation becomes nothing more than an excuse to hang out with friends under an awning. A true vacation atmosphere abounds here, and not just for the romantic couple. Conquer your apprehension and slip away for the weekend to this picturesque environment.

Going places: Share a traveling experience! Submit stories or photos from your recent adventure at vigileer@aviano.af.mil.



Photo by Senior Airman Sarah Gregory

The Louvre is located in the heart of Paris and is the home to the Mona Lisa and other master pieces.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided San Marino
- Saturday - Guided Verona and Medieval Times dinner show
- May 26 - Memorial Day Weekend Naples and The Amalfi Coast tour
- May 29 - Lake Garda Parco zoo

ITT escorts ensure the group arrives and departs from destinations as sched-

uled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking.

Call Ext. 5072 or 5026 for more information.

Healthy living: Tips for exercising

Eight ways to play it safe for the summer activity season

By Capt. Mark McElroy
*Health and Wellness Center
chief physical therapist*

The warmer weather and increased daylight hours means more time for outdoor activities and games. Here are some tips for preventing sports injuries:

- Select the right sport. People should participate in sports they enjoy and ones that suit their health condition. For example, for people with bad knees, bicycling or swimming would be preferable over running.
- Exercise correctly. Any exercise can be unsafe if not executed with proper form.
- Warm up and cool down. Spend 5-10 minutes warming up and stretching the muscles that will be used for exercising. Allow your muscles to cool down 5-10 minutes after your workout by walking and stretching.
- Pace yourself. The most common reason for an injury is doing too much too soon. The body is not conditioned for too much stress. Begin exercising slowly and allow your body time to adjust to new challenges. Use some common sense.
- Ignore the "no pain, no gain" rule. Stop if you are in pain. Muscle soreness is common the day after activities. If you experience pain during activities, that is the time to be concerned. Seek immediate medical care if pain is felt in your chest or neck.
- Wear correct footwear. Wearing worn, old shoes can lead to injuries of the hips, knees, ankles and feet. Ninety percent of all sports injuries occur in these areas.
- Make exercise a habit. Exercise at least



Courtesy photo

Keeping track of how long you stretch, warm up and workout can prevent soreness and injuries.

three times a week for 30-60 minutes to gain aerobic benefits and decrease risk of injury. Exercise 5-7 times a week for weight loss.

- Take care of injuries. Time is necessary for healing. Seek medical attention if the injury does not improve with home care which includes rest, ice, compression and elevation. Returning to your sport before an injury has fully healed may cause re-injury and require more time to heal.

You can best live life to its fullest and enjoy every minute by staying healthy and active. For questions regarding sports or exercises in general, call the HAWC at Ext. 4573.

Get biking: Join outdoor recreation on a local area bike ride. Call Ext. 8625 for information.

Catch me if you can

Lawrence Davis, 31st Medical Group football team member, dodges Tyler Aaby, 31st Civil Engineer Squadron, left, during a flag football game Monday. The 31st MDG trounced the 31st CES team, 20-6. The next football game is at 5:30 p.m. Monday between 31st LRS and 31st MXS PMEL.



Photo by Staff Sgt. Michael Holzworth

Fly Bys

Frisbee challenge

The 31st Maintenance Squadron Lantirn shop is issuing an ultimate frisbee challenge to any team who wants to compete. Teams must have at least six players and can bring substitute players. For rules and instructions, visit <http://www.ultimatehandbook.com>.

For more information, call Tech. Sgt. Jason Patton at Ext. 8642 or 334-132-7506 or e-mail him at JasonPatton@DraghiCycling.com.

Volksmarch

The Aviano Road Runners are participating in a Volksmarch at 8 a.m. Sunday. The group leaves the Bar Municipio in Roveredo and heads to Sesto al Reghena. For more information, call Ext. 7692 or 7404.

Baseball

Pony League baseball is for boys ages 15 to 18 who are not on an Aviano Youth Programs league team. The team will play other American and some Italian teams. For more information, call Aaron Stauffer or John Hernandez at Ext. 4034.

Umpires needed

Aviano Youth Programs is looking for umpires for youth baseball and softball. To volunteer call Shalee Torrence at Ext. 4784 or e-mail shalee.torrence@aviano.af.mil.

Intramural Sports

The intramural softball season begins June 5. Letters of intent are due to the Dragon Fitness Center by Tuesday. A coaches meeting is at 2 p.m. Thursday at the Dragon Fitness Center. For details, call Tim Williams at Ext. 7574.

Fishing Trip

A fishing trip to Caorle is from 6 a.m. to 6 p.m. Sunday. The cost is \$75 per person and includes use of all equipment. For more information, or to sign up, call Ext. 8625.

Today's military calls for radical change

Commander shares past and present lessons she learned from "godfather"

By Col. Elisabeth Strines
31st Maintenance Group commander

I saw the past and the future when I was recently reintroduced to an Air Force icon. I first met Lt. Gen. Leo Marquez when I was a lieutenant assigned to Air Force Logistics Command, and he was in charge of logistics and engineering. AFLC is long gone, but General Marquez is still known as the godfather of aircraft and munitions maintenance.

When I met him back in 1986, I was holding the esteemed position of flipper of acetate charts (no power point back then!). As such, I was holed up in the back room to literally flip charts while my boss briefed General Marquez and a roomful of minions on a proposal intended to make AFLC more responsive to the "using" commands.

The last slide in the presentation was a rather bold joke on the general, but the good news is that the general liked the proposal so much – as well as the slide – that he asked for a copy of the last slide for himself. The easiest way to satisfy his request was to hand him our acetate copy, taped to a plastic frame for easy flipping, so I came out of the back room and handed him the slide, as if on cue. He said, "Thank you, sweetheart," and uncharacteristically realizing this was a good time to zip my lip, I simply responded, "You're welcome, sir."

Over the years I've pondered this meeting with the general from several angles. While "sweetheart" put the encounter forever in my memory, what I've really thought about is the openness to new ideas he demonstrated as well as his absolute passion and practical vision for making life easier and more productive for the maintainer, with optimizing Air Force effectiveness his ultimate goal.

He was the prime impetus behind improving reliability and maintainability, and the F-22 and Joint Strike Fighter are the latest results of his demands on design engineers so many years ago.

Last month, USAFE's maintenance group commanders and superintendents

had the privilege of sitting down with the now retired general to discuss whatever we wanted. As you might guess, the question of how we're going to deal with the programmed personnel cut of somewhere between 40 and 60 thousand blue suiters came up. The general stated what we probably all think is obvious – that somehow we need to cut down on what we're doing – but also gave us two simple questions that should be excellent tools in helping us figure out what to cut out.

His first question was "Why are we doing what we're doing?" Second, if we decide that we need to be doing, whatever "it" is, the follow-up question is, "Why are we doing it this way?"

These questions are not new. Back in the days of total quality management, we were supposed to examine these very issues. Unfortunately, the Air Force did not deploy the ideas of TQM very well, and now those three letters strung together in that order can evoke all sorts of malignant faces, off-color sputterings, and even fruit throwing if any is at hand. What goes around comes around, though, and in this case I think it's a very good thing, as long as we do it right this time.

In the next several weeks and months, we'll be hearing about Smart Ops 21, including Lean Logistics and other related ideas. While training should provide more insight, the basic concepts will still distill down to General Marquez' two simple questions.

The obvious idea is to identify and eliminate the stuff that doesn't really need to be done, and to do the stuff that does need to be done in smarter, more efficient ways.

After the USAFE conference I attended last month, I'm convinced our leadership is ready for radical ideas – including those requiring waivers or changes to AFIs – as well as those that might be more mundane or even boring but still absolutely useful and necessary.

We're cutting people because we can't afford the bill anymore, but we've still got a mission to perform. Since the cut is going to happen – it's a "done deal" in common parlance – we might as well take advantage of this new open-mindedness and fix stuff that has not made sense for years. Long live General Marquez, carpe diem, and don't call me sweetheart. And this time, by the way, he didn't.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Recognizing The World's Finest

• Congratulations to the following Airmen for the outstanding completion of their career development courses: Staff Sgt. Joshua Kerr, 31st Maintenance Squadron; Staff Sgt. Dwayne Fuller, 31st MXS; and Senior Airman James Vermilyea, 31st Civil Engineer Squadron.

• Congratulations to Mollica Leah, Aviano's Youth of the Year.